



Moorddrift
Dairy

SALMON AND PROSCIUTTO SALAD STARTER
Serves 6

A delicious, indulgent salad that combines all my favourite flavours.

200 g raw Norwegian salmon or a boneless Salmon Trout fillet
1 cup (250 ml) boiling water
1 x 25 g sachet Ina Paarman's Fish Stock Concentrate
6 slices of Prosciutto or Parma ham
12 baby roma tomatoes, halved lengthways
Ina Paarman's Green Onion Seasoning
olive oil

Parmesan cheese shavings
1 punnet mixed baby spinach, rocket and watercress
Ina Paarman's Balsamic Vinaigrette

Place the salmon in a small frying pan, skin side down.

Combine boiling water and Fish Stock and pour over salmon.

Bring to a very gentle boil.

Cover with a lid. Simmer for only 4 minutes. Switch off the heat.
Put the pan on one side and leave to stand (still covered) for 5 minutes.
Remove the skin and oily grey meat, just under the skin. Flake the fish into big flakes.
Keep covered.

Preheat oven to 180°C or preheat the grill.

Place Prosciutto and tomatoes, cut side up, on a large oiled baking sheet.
Sprinkle tomatoes with Green Onion Seasoning and drizzle with a little olive oil.
Bake on the middle shelf for ± 12 minutes or grill until the Prosciutto is crispy.
Keep covered. Shave thin slices off a piece of Parmesan cheese with a potato peeler. Refrigerate.

TO ASSEMBLE:

Divide salad leaves between 6 plates. Top with salmon and tomatoes. Add crispy Prosciutto and Parmesan.

CHEF'S TIP:

Decant the dressing into a squeeze bottle for an accurate dosage.
Sprinkle a little sugar over the tomatoes before baking or grilling.

Chilled Cucumber Soup with Salmon

F R E S H E R F O R L O N G E R

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